	Quark Polarization		1	
		Unpolarized (U)	Longitudinally Polarized (L)	Transversely Polarized (T)
Nucleon Polarization	U	$f_1$ •		$h_1^{\perp}$ $\bullet$ $\bullet$ $\bullet$ $\bullet$ $\bullet$ $\bullet$ $\bullet$
	L		$g_1 \longrightarrow - \longrightarrow$ Helicity	$h_{1L}^{\perp}$ Long-Transversity
	Τ	$f_1^{\perp}$ • - • Sivers	$g_{1T}$ $Trans-Helicity$	$h_1$ $Transversity$ $h_{1T}^{\perp}$ $Pretzelosity$